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**Department of Licensing and
Regulatory Affairs**

Bureau of Health Professions

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Special Points of Interest

- Updated Version of Responsible Opioid Prescribing Handbook to be Distributed in 2012
- New Members Seated on the State Advisory Committee on Pain & Symptom Management
- Licensing Board to Update Controlled Substances Guidelines
- MAPS/Pain Management DVD recognized for Hermes Award

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Michigan Advisory Committee on Pain and Symptom Management (ACPSM) Develops New Recommendations

In 2011, the Governor's Appointments Division and several of the health professional licensing boards made new appointments to the ACPSM. The ACPSM was created in 1994 by MCL 333.16204a to advise the licensing boards and the department on actions that need to be taken to improve the professional practice of pain and symptom management. Historically, the ACPSM has focused on making recommendations and advising the Bureau regarding pain management health policy and educating healthcare professionals and the public. Since 1994, the ACPSM has generated 31 recommendations. The new roster of ACPSM members now includes:

Rae Ramsdell, M.S. (Chair); **Lawrence Ashman, D.D.S.** (Board of Dentistry); **Marie Atkinson, M.D.** (Wayne State University); **Daniel Berland, M.D.** (Board of Medicine); **Dorothy Deremo** (Michigan Hospice & Palliative Care Organization); **Dennis Dobritt, D.O.** (Board of Osteopathic Medicine & Surgery); **Lisa Gigliotti** (person representing chronic pain sufferers); **Carmen Green, M.D.** (University of Michigan); **John Jerome, Ph.D.** (Board of Psychology); **Jody Kohn, M.S.W.** (public member); **Jeanne Lewandowski, M.D.** (Board of Medicine); **William Morrone, D.O.** (Board of Osteopathic Medicine & Surgery); **Robert Noiva, M.D.** (Oakland University/William Beaumont); **Lawrence Prokop, D.O.** (MSU/College of Osteopathic Medicine); **Steven Roskos, M.D.** (MSU/College of Human Medicine); **Claire Saadeh, Pharm.D., B.C.O.P.** (Board of Pharmacy); **Karel Schram, P.A.-C.** (Physician's Assistant Task Force); **April Hazard Vallerand, Ph.D., R.N.** (Board of Nursing).

At their November 2011 meeting, newly seated and continuing members of the committee developed the following five new recommendations to be completed during the period of FY 2012 and FY 2013:

1. Develop a pain management toolkit for healthcare professionals.
2. Develop a pain management toolkit for the public.
3. Develop and implement strategies to reach the public, including the use of the department's social media and other communication resources.
4. Develop and implement strategies to reach healthcare professionals including the use of the department social media resources.
5. Complete follow up work from the May 2011 Medical School Curriculum Summit.

The ACPSM meets twice a year, and also convenes meetings of four working subcommittees. All committee and subcommittee meetings are open to the public. For more information regarding the work of this committee and future meetings, go to the ACPSM section of the www.michigan.gov/pm website or call the Bureau's Professional Practice Section office at 517-335-6557.



The Bureau's MAPS/Pain Management DVD Receives a 2012 Gold Hermes Award

In 2011, the Bureau of Health Professions collaborated with the Department's Division of Media Technology to develop a new DVD entitled *The Michigan Automated Prescription System (MAPS) and Effective Pain Management*. The DVD is designed to serve as a resource for healthcare providers who prescribe/dispense pain medication and the providers who work closely with them. In May 2012, this DVD was recognized with a Gold Hermes Award for creativity and excellence. *Hermes Creative Awards* is an international competition for creative professionals from a variety of private and public settings. These awards are administered by the Association of Marketing and Communication Professionals (AMCP), an international organization consisting of thousands of marketing, communication, media production, and other professionals. The AMCP was established in 1995 to honor outstanding achievement and service to the communication profession.

This excellent DVD was distributed to more than 63,000 licensed physicians, podiatrists, dentists, pharmacists, physician assistants, optometrists and advance practice nurses in May 2011, and will be distributed to all newly licensed professionals each year. If you would like to receive a copy of this DVD for your office, or have questions regarding the content or distribution of this DVD, please contact the Bureau's Professional Practice Section office at (517) 335-6557.

Rollin Gallagher, M.D. to Keynote 4th Annual Pain and Palliative Care Assembly

The Michigan Hospice and Palliative Care Organization and the Michigan Department of Licensing and Regulatory Affairs announce that Rollin Gallagher, M.D. will speak at the 2012 Pain and Palliative Care Assembly to be held Friday, September 14, 2012 at the Johnson Center at Cleary University, Howell, MI. This fourth annual Assembly is co-sponsored by a host of professional associations and healthcare organizations.

Dr. Rollin Gallagher is the director for Pain Policy Research and Primary Care at the Penn Pain Medicine Center at the University of Pennsylvania School of Medicine and director of Pain Management at the Philadelphia Veterans Affairs Medical Center. Dr. Gallagher is a pioneer in the field of pain medicine and provided consultation and editorial input for the booklet *Responsible Opioid Prescribing: A Physician's Guide* by Scott Fishman, M.D. Michigan's Pain Management Program has distributed the booklet to approximately 70,000 licensed physicians, dentists, pharmacists, podiatrists, optometrists, advance practice nurses, and physician's assistants. Dr. Gallagher's presentation on the responsible use of opioids is especially timely, as Michigan will be distributing an updated version of the booklet this fall. The booklet is now entitled *Responsible Opioid Prescribing: A Michigan Clinician's Guide*.

Coinciding with September as National Pain Awareness Month, the Summit will feature Dr. Gallagher and a number of other prominent clinicians, researchers, and policy experts from across the state to provide presentations on a host of pain management and palliative care topics.

Early registration is encouraged, as seating is limited to 300. Register for this unique educational opportunity at www.mihospice.org or by calling (517) 668-6396.

Pain Management and Palliative Care Program (PMPCP) Updates

Pain and palliative care partnerships. The PMPCP, from its inception, has sought out appropriate partnerships both within and outside of State of Michigan offices. In December, the PMPCP met with members of the Michigan Cancer Pain Initiative (MCPI) to identify and discuss significant actions that need to be taken to improve cancer pain and symptom management. We will continue to report on this effort as it unfolds.

[cont. on page 3]



Newly revised and expanded Responsible Opioid Prescribing booklet by Dr. Scott Fishman. In 2012, the PMPCP will distribute the newly revised and expanded version of *Responsible Opioid Prescribing: A Guide for Michigan Clinicians* to newly licensed, Michigan-based, prescribers of controlled substances. The original booklet was released in 2007, and in 2009 was distributed to all Michigan-based health prescribers/dispensers. The 2012 version includes more content on managing chronic pain, methadone, safe storage and disposal of opioids, prescription drug abuse among youth, regulatory issues such as the risk evaluation and mitigation strategies (R.E.M.S.), and monitoring medications for adverse drug reactions (pharmacovigilance).

Pain Management Curriculum Project moves forward. In May 2011, a curriculum summit of Michigan medical schools was held to explore development of a model pain management curriculum based on a model curriculum for physicians developed by the International Association for the Study of Pain (IASP). The Pre-professional Education Subcommittee of the Michigan Advisory Committee on Pain and Symptom Management and Bureau of Health Professions staff conducted the Summit, which was attended by three existing and three new medical schools, staff, and a number of other pain management stakeholders. The subcommittee continues to refine this model and expects to complete and disseminate the model by fall of 2012.

Michigan Automated Prescription System (M.A.P.S.) Update



Michigan licensing boards to update their Guidelines for the Use of Controlled Substances for the Treatment of Pain to include M.A.P.S.. In 2012, the Bureau of Health Professions M.A.P.S. Program will work with the boards to update their controlled substance guidelines. The update will include adding language on the importance of requesting M.A.P.S. reports on patients who are prescribed controlled substances for the treatment of pain. To view the current guidelines, visit the websites of the Boards of Medicine, Osteopathic Medicine and Surgery, Nursing, Dentistry, and Pharmacy at <http://www.michigan.gov/healthlicense>. The boards' guidelines are modeled after the Federation of State Medical Boards' guidelines.

Soma (Carisoprodol) must be reported to M.A.P.S. As of January 11, 2012 Soma (Carisoprodol) is considered a controlled substance and must be reported to MAPS.

V.A. allowed to report their controlled substance data to M.A.P.S. The federal government recently ruled that the Veterans Administration is now allowed to report their controlled substance data to state prescription monitoring programs. This action allows prescribers and dispensers outside of the Veterans Administration to get a complete record of their patients' controlled substance use.

Michigan controlled substance prescription data to be shared with Ohio. In 2012, interstate controlled substance prescription data sharing will begin between Michigan and Ohio. Other states will be gradually added to the "hub" or *PMP InterConnect*, which is provided by the National Association of Boards of Pharmacy (NABP).

M.A.P.S. software upgrade provides more options to pharmacies. The program *ASAP 4.1* will now allow pharmacies to retract and correct M.A.P.S. prescription data. It will also allow the pharmacy to directly report controlled substance prescriptions it receives electronically after the pharmacy digitally signs them.

For more information regarding these M.A.P.S changes, call (517) 373-1737 or go to www.michigan.gov/MIMAPSinfo.

The Role of Rehabilitation/Vocational/Career Counselors in Treating Patients Living with Pain

By Sarah Lorenz, MA, LLPC, CBSP

Rehabilitation Counselor, University of Michigan, Department of Physical Medicine and Rehabilitation, Spine Program

What happens when pain becomes so intolerable that it restricts or even prevents a person from working at their regular job? This is an often overlooked and potentially catastrophic aspect of the lives of people who are living with pain. At this critical juncture, being able to include licensed counselors in the treatment plan may be the key to the patient regaining control of his/her life.

Licensed counselors, whether they are referred to as rehabilitation, vocational, and/or career counselors, have been trained to assist patients whose health conditions have affected their ability to work and to make a living. Furthermore, because many people see their value as a human being in the work that they do, and may even largely define themselves through their work, recognition needs to be paid not only to the financial aspects of a reduced work capacity, but also to the corresponding emotional and social aspects. Licensed counselors can provide that recognition.

In addition, a counselor can provide coaching to the patient on how they can advocate for themselves at work so that the work can be modified to support their health condition (as required by the Americans with Disabilities Act). If the health condition requires a career change, a counselor can provide occupational information, including salaries and education requirements, and can engage the patient in career development activities. If the patient is unsure of the career path s/he should follow, a licensed counselor can administer an appropriate assessment, such as Self Directed Search (SDS), Discover, and the Strong Interest Inventory (SII). These assessments, which evaluate a patient's abilities, aptitudes, and interests, allow the counselor to review the results and suggest career options with the patient. Overall, during what is undoubtedly a very difficult time in the patient's life, a counselor can provide good advice, encouragement, and most importantly, hope for a future.

In summary, counselors may be the essential but often missing link in the more traditional treatment plans that may only include prescription pain medications and possibly physical therapy. The value of incorporating a licensed counselor to discuss vocational options with patients should be strongly considered.

The Michigan Bureau of Health Professions licenses more than 6,500 professional counselors in Michigan. To verify the license of a counselor and obtain information about the counselor, go to www.michigan.gov/verifylicense.

Complementary and Alternative Medicines

Many people living with pain may turn to complementary and alternative medicine. A defining characteristic of complementary and alternative medicine, or integrative medicine, is the desire to treat the whole human being – body, mind, spirit, and emotions.

The question becomes, are these approaches effective? A number of excellent resources now exist that can assist health providers with scientific information about the effectiveness of various complementary and alternative medicine approaches.

The National Institutes of Health Center for Complementary and Alternative Medicine is a good starting point to access studies that have been done which assess the efficacy of these approaches. Go to <http://www.nccam.nih.gov/> for assistance. [continued on page 5]

The Mayo Clinic in Rochester, Minnesota also provides information on complementary and alternative medicine through their Complementary and Integrative Medicine Program. According to their website, Mayo Clinic physicians conduct dozens of clinical studies every year to learn which complementary and alternative medicine treatments work. Those research findings are then shared with their patients and colleagues. Go to <http://www.mayoclinic.org/general-internal-medicine-rst/cimc.html> for more information.

Lastly, the University of Michigan Integrative Medicine Program states on their website that it is *committed to the thoughtful and compassionate integration of complementary therapies and conventional medicine through the activities of research, education, clinical services and community partnerships*. Go to <http://www.med.umich.edu/umim/index.html> to access this valuable information.

Professional Training in Pain Management



The Pain Management and Palliative Care Program often gets calls about where professionals can go for training in pain management. Since many of the Michigan licensing boards require continuing education in pain and symptom management (per MCL 333.16204), a good starting point is to contact your professional association in Michigan to see if they are offering any training in pain management at their annual conference or other venues.

Our pain management website at www.michigan.gov/pm also contains many organizations and resources that may provide online training in pain management. The following offer training opportunities in pain management that professionals can easily access.

American Academy of Family Physicians Offers Online Training in Pain Management

The Pain Management and Palliative Care Program's public survey on pain revealed that the vast majority of the public seek treatment for pain through their family physician rather than through a specialist. In 2010, the American Academy of Family Physicians launched a free online self-study course offering 1.5 CMEs entitled *The Role of Family Physicians in the Treatment of Pain and Its Comorbidities*. It was originally offered through AAFP Live! and is now available at <http://www.aafp.org/online/en/home.html>.

The course is divided into three modules: 1) Patient-Centered Pain Management; 2) Balancing Therapies for Comorbidity of Pain with Psychiatric Conditions; and 3) Combination of Therapies for Pain Management.

Nurse Training in Pain Management

In fall 2011, the Michigan Public Health Training Center (MPHTC) launched a free online self-study 1.0 CE course for nurses entitled *Real Life Approaches to Pain Management*. Go to <https://practice.sph.umich.edu/mphtc/site.php> to explore this excellent training for nurses. The course covers the multidimensional nature of pain, barriers to the recognition of pain, and assessment tools that can be used in the treatment of pain. The Michigan Pain Management and Palliative Program assisted the MPHTC with the content of this online training for nurses.

What is Palliative Care?

The name of the Bureau's program that creates this newsletter is the *Pain Management and Palliative Care Program*. We receive, however, many more inquiries about pain care, drug diversion, and drug addiction than about palliative care. In this issue of our newsletter, however, we will explore palliative care a bit more than we have.

The World Health Organization (WHO) defines palliative care as follows:

Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. (<http://www.who.int/cancer/palliative/definition/en/>)

The Center to Advance Palliative Care (CAPC) further defines palliative care as care that is focused on improving the "quality of life for both the patient and the family." Additionally, "*palliative care is provided by a team of doctors, nurses, and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.*" (<http://www.capc.org/>)

For further information about palliative care, our state pain management website (www.michigan.gov/pm) has a palliative care sub-section in the professional section of the website.

The EPEC Project: Training in Palliative and End-of-Life Care

Health professionals who would like to develop competencies in palliative and end-of-life care will find some excellent online training that is available through the Education in Palliative and End of Life (EPEC) Project at <http://epec.net/>.

The EPEC Project has an interesting history. In 1997, a number of foresighted leaders in palliative and end-of-life care from Northwestern University's Feinberg School of Medicine began to develop a core curriculum on palliative and end-of-life care. From the beginning, the curriculum distinguished itself from other curricula by emphasizing adult education techniques that allowed for the application of knowledge in a number of given situations.

The EPEC curriculum covers the following core topics:

- Goals of care
- Advance care planning
- Comprehensive patient assessment
- Communicating bad news
- Pain management
- Depression
- Anxiety
- Delirium
- Other symptoms
- Withdrawing/withholding treatment
- Medical futility
- Physician-assisted suicide
- Last hours of living
- Legal issues
- Gaps in palliative care
- Elements and models of end-of-life care
- Psychosocial issues
- Sudden illness

In addition to covering the above care topics, the EPEC curriculum has been customized for a variety of settings, diseases, and people in such fields as:

- Emergency medicine
- Long term care
- Caregivers
- Oncology
- Geriatrics
- African Americans
- Roman Catholics



ELNEC: Training for Nurses in Palliative and End-of-Life Care

According to the American Association of Colleges of Nursing (AACN) website, "*The End-of-Life Nursing Education Consortium (ELNEC) Project is a national end-of-life educational program administered by City of Hope National Medical Center (COH) and the American Association of Colleges of Nursing (AACN) designed to enhance palliative care in nursing.*" More information about the ELNEC Project, which was launched in February 2000, is available at <http://www.aacn.nche.edu/>.

Upcoming Michigan Conferences and Events

2012 Pain and Palliative Care Assembly

Date: Friday, September 14, 2012
Johnson Center at Cleary University
Howell, MI
www.mihospice.org



2012 Michigan Cancer Consortium Annual Meeting

Date: Wednesday, November 7, 2012
Location: James B. Henry Center for Executive Development
Lansing, MI
www.michigancancer.org



Conference on Pain 2012

Date: Tuesday, November 13, 2012
Marriott/Eaglecrest Resort
Ypsilanti, MI
www.nursing.msu.edu/continuing.asp



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September is Pain Awareness Month!



**Michigan's pain management newsletter
for health professionals contains:**

- **State updates**
- **Continuing education credit information**
- **State Pain Management and Palliative Care Program activities**
- **National and state pain management events**
- **Clinical information**
- **Best practices in pain management**
- **Much more**



**Rick Snyder, Governor
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